



Vol. 30 No. 7 FRIDAY, FEB. 21, 2003  
RAF LAKENHEATH, UK [www.lakenheath.af.mil](http://www.lakenheath.af.mil)

## Warrior Week

*Airmen train  
base wide*

## Dads 101

**Lessons in  
fatherhood**

# Time travel

**Festival  
celebrates  
Viking age**





JET 48 Vol. 30 No. 7  
Friday, Feb. 21, 2003

**Brig. Gen. John T. Brennan**  
48th Fighter Wing commander

**Maj. Francisco G. Hamm**  
Public affairs chief

**Master Sgt. Will Ackerman**  
Public affairs superintendent

#### JET 48 STAFF

**1st Lt. Chris Watt**  
Deputy chief of public affairs  
Chief of internal information

**Staff Sgt. Tiffany Jeltema**  
Editor

**Senior Airman Jeff Hamm**  
Assistant editor

**Tabby Casto**  
Jet 48 intern

#### HOW TO REACH US

##### Submissions

**Email:** jet.48@lakenheath.af.mil

**DSN:** (314) 226-2151

**Fax:** 44+(1638) 525637

**Phone:** 44+(1638) 525640

**Editorial office:** Jet 48, Unit 5210 Box 215, APO AE 09461

All correspondence should include the writer's full name, address and telephone number and may be edited for clarity and space.

**Deadline for submissions** to the Jet 48:

☐ Noon Wednesday, ten days prior to publication

☐ Noon Monday prior to publication for weekend events with advance notice to editor.

Editorial content is edited, prepared and provided by the public affairs office of the 48th Fighter Wing. All photographs are Air Force photos unless otherwise indicated. The public affairs office reserves the right to edit all material submitted for publication.

##### 48th Fighter Wing Public Affairs

**Mail:** 48FW/PA, Unit 5210 Box 215, APO AE 09461

**Email:** 48fw.pa@lakenheath.af.mil

**Phone:** 44+(1638) 522151

##### Advertising

For advertising rates and information, call 44+(1428) 609920

The Jet 48 is published by Forest Publishing (E.A.) Ltd., a private firm in no way connected with the U.S. Air Force, under exclusive written contract with the 48th Fighter Wing. This civilian enterprise Air Force newspaper is an authorized publication for members of the U.S. military services overseas. Contents of the Jet 48 are not necessarily the views of, or endorsed by, the U.S. government, the Department of Defense, or the Department of the Air Force. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, the Department of the Air Force or Forest Publishing (E.A.) Ltd, of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron.

## Feature, 14-15

Wing-wide Warrior Week ensures Team Liberty is trained and ready



Photo by Tech. Sgt. Dean Miller

## AT A GLANCE

### 4 COMMANDER'S FORUM

- ❖ Wing commander: vigilance is key

### 7-8 NEWS

- ❖ DODEA director receives firsthand knowledge of school needs

### 10 AROUND THE AIR FORCE

- ❖ House of representative members visit airmen
- ❖ Officer specialties receive bonuses

### 13 FEATURE

- ❖ Expectant fathers learn lessons in fatherhood

### 16 COVER STORY

- ❖ York festival brings Viking history to life

### 21 PERSPECTIVES

- ❖ Making a difference through life's work
- ❖ And now a word from your bus driver

### 25 DISCOVER BRITAIN

- ❖ Unlocking Britain's past

### 26 COMMUNITY

- ❖ High school cafeteria offers special lunch for four
- ❖ Movies: martial arts action or an intergalactic expedition

#### ON THE COVER

Jon Smith, of the Regia Anglorum Society, portrays a Viking warrior during the 2003 Jorvik Festival's "Living History" exhibit where visitors get to see what life was like 1,000 years ago in York. The festival runs through Sunday. Photo by Maj. Francisco G. Hamm. For story, see Page 16.

# Vigilance is key to War on Terror

BY BRIG. GEN. JOHN T. BRENNAN

48TH FIGHTER WING COMMANDER

Our nation is going through a landmark time in history. The War on Terrorism is one of the most important campaigns our country has ever undertaken and what happens in the next few months will likely be remembered for many years to come. It is also a time of great tension in the world as world leaders and nations debate and discuss the most appropriate way to deal with global terrorism. The militaries of the United States and the United Kingdom are at the forefront of the War on Terrorism, and as such, we share a vital responsibility.

It is a time for plans and rumors of plans. Never has there been a more appropriate time to practice the strictest operational security or OPSEC. It's no secret that many Air Force wings and organizations have already been deployed to the politically charged area of Southwest Asia. Additionally, the heritage and capabilities of the Liberty Wing suggests that our deployment may be likely as well. However, as of Thursday, this wing has not received any order to deploy. Some individuals may have already been deployed or have been tasked to deploy as part of our AEF, but overall, this is a time for all of us to prepare. The

tension on the international stage should be all the reason we need to be ready to deploy anywhere in the world our leaders and our nation needs us. Speculation about if, when or where we may or may not deploy only starts rumors that increase stress and creates opportunities to violate OPSEC and COMSEC regulations.

Whether we are forward deployed or stay in place, the War on Terrorism must be fought on all fronts. Terrorists have taken the war from the battlefield and brought it into our own backyard. It is important to understand that we are all warriors and as such we are all potential targets. Being active in observing and reporting any unusual or suspicious activity – no matter how insignificant it may seem to be – is a valuable pre-emptive step to keeping our families and communities safe. This is not meant to be an alarmist statement, but in this new kind of global war, if we are not actively engaged in force protection, OPSEC and COMSEC practices, we could become victims of terrorist aggression. We need to be vigilant and ready at all times.

Everyone should have received information on "Eagle Eyes" in their post office box this past weekend. Please read this brochure and carry the card provided in your wallet or purse as a reference. The readings provide basic and valuable

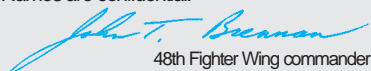
guidelines of when and what to report to whom. Vigilant airmen from the 48th Security Forces Squadron are ready to take any information you may have or answer Eagle Eyes questions and can be contacted 24 hours a day at 7-2333.

Whether we are at home or down range, our vigilance and focus on mission readiness is what keeps the standard of the Air Force and the Liberty Wing so high. In the 26 years I have served in the Air Force, one of the most valuable things I have learned is to be ready to deploy anywhere at any time. Having your affairs in order such as Powers of Attorney, wills and financial planning will reduce stress at home and help your family continue to function smoothly while you are deployed. Packed mobility bags don't have to be by the door, but knowing they are in a nearby closet and ready to go will give peace of mind that last-minute preparation will be minimal if you are called to go.

These are exciting and important times for the Liberty Wing and our nation. Our vigilance at home and deployed will be the key to our safety and winning this war on terrorism, keeping Liberty's torch burning bright and ensuring the rights of all people to live without fear of terrorist aggression. We all play a critical role in the success of this vital mission!

## YOUR LINK TO THE COMMANDER

The Action Line is your direct link to me for complaints, suggestions or comments. It's not intended to replace the chain of command. When normal command agency channels haven't been able to resolve your concerns, call 7-2324, fax 7-5637, e-mail ([Action.Line@lakenheath.af.mil](mailto:Action.Line@lakenheath.af.mil)), send through distribution (48 FW/PA), mail (48FW/PA, Unit 5210 Box 215 APO AE 09461-0215), or hand carry your Action Line to the public affairs office (Building 1085). You may remain anonymous; however, to receive a reply, please leave your name, unit, duty or home phone number, and full APO mailing address. Names are confidential.

48th Fighter Wing commander

## No space, no layaways

I am writing to you not only as a member of the RAF Lakenheath elite community but also as a concerned consumer of the same community. On Dec. 28, I decided to go to the furniture store located at RAF Feltwell to look at buying a new mattress set for my bed. When I arrived, I noticed numerous mattress sets available and was ready to make a purchase. Unknown to me at the time, a new policy has been brought forth by the base commander of RAF Lakenheath that no more layaways will be processed.

Curious about this new policy, I asked a sales representative how long this policy would remain in effect. I was informed

this was a permanent policy because the store no longer had room for the storage of the layaways and, in fact, would not be getting any storage room in the future, per the base commander's policy. After finding this out, and not having the \$700 for the mattress set at the time, I left the store a dejected customer.

My question to you is this: why is an Army and Air Force Exchange Service facility being hindered in its attempt to bring their customers payment options on big-ticket items? In my opinion, this may possibly hurt the furniture store in lost revenue in the long run by not giving the necessary storage space required. Because of the new policy, people are now forced to purchase the item before leaving with cash or credit card only. Of course an individual could save up for the item needed, but by that time the item might be changed, higher in price or discontinued by the manufacturer.

Now I know when I was a young airman I could not afford to pay cash for major furniture purchases without the store's layaway system. Even now, I do not like to put purchases on credit cards, especially when I am trying to pay off the ones I currently have. I would ask the leadership to reconsider their decision on this new layaway policy and find the space needed to store consumers' layaway items.

Thank you for your inquiry. The heart of the issue is space. Based on our customer population base, we are authorized a Base Exchange three times the size of what we currently have. Our BX was built decades ago, well before the electronic age kicked into high gear. Demand for electronics such as big screen televisions and personal computers further exacerbates already limited warehouse space. As a result, we are forced to use temporary trailers to augment inadequate storage space. The fact of the matter is that layaways normally occupy warehouses that we don't have. Both AAFES Headquarters and the wing senior leadership recognize the pressing need for a larger BX and have plans to construct a new base exchange and commissary mall. The existing base exchange will eventually become the Furniture Store.

Now back to your question about the layaway policy. AAFES is offering a STAR charge card, which includes no payments and no interest for six months. The STAR card combines the advantages of layaway without the wait. For those who prefer not to use the STAR card, AAFES management will do their best to accommodate your needs on a case-by-case basis. The official policy at RAF Lakenheath is very clear – to provide the best possible service to our customers – the men and women who serve our nation.

ACTION LINE



# LIS students, faculty welcome DODEA director

BY TECH. SGT. CLAUDETTE HUTCHINSON

48TH FIGHTER WING PUBLIC AFFAIRS

Liberty Intermediate School was among one of the Department of Defense Dependents Schools in the United Kingdom toured by Dr. Joseph D. Tafoya, Department of Defense Education Activity director, during his visit to schools in the Isles District Feb. 10 to 14.

Visiting the schools gave Tafoya some first-hand knowledge of the needs of the different schools, which enables him to make more informed policy and budget decisions that affect individual schools.

"I think it's important that we get out, see the teachers and interact with the children. This allows them to get to know us, as well as we get to meet them," he said.

According to Tafoya, he believes in management by walking around.

"I wanted to visit all the schools so that I have knowledge of them all. It is hard to visualize what people are talking about or to develop policies and make changes if you've never been there. The only way to do that is to go out and interact with the students and teachers, and get a snapshot view of what's going on," he said.

Tafoya refers to his visit as an administrative walk-through, where he meets face to face with teachers, students, parents and leaders to get firsthand knowledge of the issues and concerns of the DODEA community. Some of the issues discussed included the state of DODEA now and in the future as well as its vision.

"I had no hidden agenda. My only agenda

was to see the kids, visit the classrooms and meet with the command and ensure that they know us and we know them so that when issues, such as security, arises we are in good communication with one another," he said.

Overall, Tafoya said, he noticed a lot of positives such as the use of computers in the music room during his visit, the first program of this kind he has seen during his visits.

Diana Ohman, DODDS-Europe director, accompanied Tafoya during his visits and said these visits are important in order to make decisions on the needs and issues of the different schools.

While there are a lot of positive things to be noted, there are also some areas that need additional work, said Ohman, such as teacher training and slow computers.

"I work with the director and the other people in my area to develop policies and

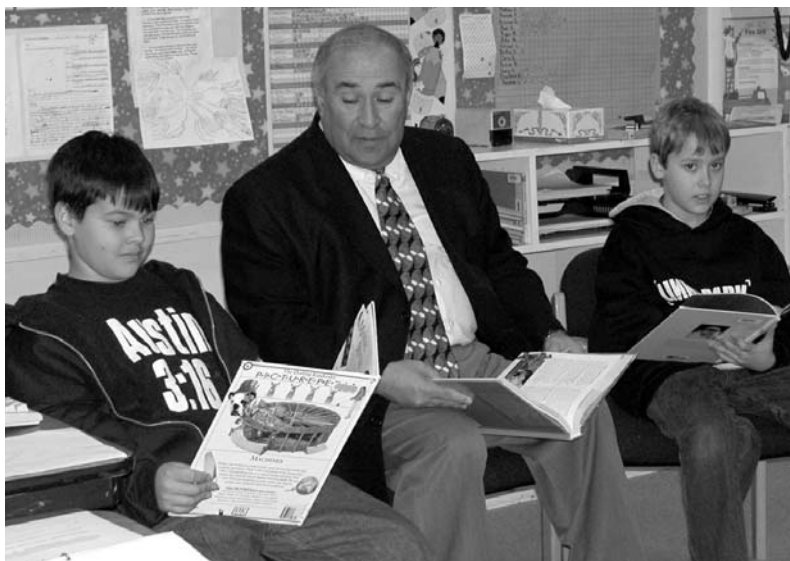


Photo by Tech. Sgt. Claudette Hutchinson

Dr. Joe Tafoya, Department of Defense Education Activity director, takes time to read with fifth-grade students Matthew Smathers and Liam Lashley during his visit to Liberty Intermediate School Feb. 13. Tafoya conducted familiarization walk-through visits of all DODD schools in the Isles District.

implement new programs that will be helpful in the field. However, when you implement new programs you want feedback on what's going wrong or what's going right, and the only way to know that is to go out and ask," she said.

Nevertheless, the visit sends a positive message to the staff and community.

"When you have both the DODEA and the DODDS-Europe directors visiting, it shows how much they think of the job we are doing," said Michael P. Brandon, Lakenheath Elementary School assistant principal.



Photo by Tech Sgt. Dean J. Miller

## Remembering Columbia

Lt. Col. Joseph Ward, 48th Mission Support Group deputy commander, accepts a poppy wreath from Richard Godfrey, Royal British Legion Watton and District Branch chairman. The wreath was presented in memory of the Space Shuttle Columbia Astronauts killed Feb. 1. The Columbia was destroyed on re-entry after a mission that started Jan. 16. Members and friends of the Royal British Legion toured RAF Lakenheath and RAF Feltwell as part of the base community relations program Tuesday. Maj. Joel Lagasse, 48th Contracting Squadron commander, accepted an identical wreath at RAF Feltwell and the organization sent a third wreath to RAF Mildenhall for the same purpose.



Photo courtesy of the 48th Fighter Wing History Office

## 50 years of news

In September 1958, the wing's aircraft began to display a new striped paint scheme, in lieu of the previous painted tails. Each squadron displayed its own colors, blue and white stripes for the 492nd Tactical Fighter Squadron, yellow and white for the 493rd TFS, and red and white for the 494th TFS. Because of this paint scheme, other U.S. Air Forces in Europe units began to refer to the wing as the candy strippers.

## Save tax on imported vehicles

U.S. personnel stationed overseas may import vehicles to the United States duty-free. The three conditions are: people must take physical possession of the vehicle prior to shipment, have valid movement orders and import it for personal use. Duty-free entry does not depend on the government paying to ship your vehicle.

Call the U.S. European Command Customs Executive Agency at DSN 381-8291 to find out more about federal customs duty or a transportation office about shipping costs. (Courtesy of USEUCOM Customs public affairs)

## TRICARE mail order pharmacy pre-registration now available

Pre-registration for the new TRICARE Mail Order Pharmacy program is currently under way. Interested beneficiaries may register with Express Scripts Inc., the new mail order pharmacy contractor, at [www.express-scripts.com](http://www.express-scripts.com).

All military pharmacy mail order customers will be switched to the new TRICARE Mail Order Pharmacy program March 1. This program will replace the current National Mail Order Pharmacy program. Those eligible to use the current mail order program are eligible to use the new TRICARE mail order program. New customers have to register for the program.

## Sealants Necessary to maintain healthy smiles

Dentists have long helped patients in the prevention of tooth decay. Dental caries, the infectious disease that causes tooth decay, is the most common chronic childhood disease. One of the tools in the war against decay is the dental sealant, a plastic material dentists apply to the chewing surfaces of the back teeth. The sealant forms a barrier that protects teeth from plaque, a sticky film of bacteria that constantly forms on teeth.

Applying dental sealants takes only a few minutes for each tooth. Sealants hold up well under the force of normal chewing and usually last several years before a reapplication is needed. As long as the sealant remains intact, the tooth surface is protected from decay. The dentist checks the condition of the sealants during the dental examination and reapplies them as necessary.

For more information, call the 48th Dental Squadron at or search the American Dental Associations Web site at [www.ada.org](http://www.ada.org).

## Spouse convicted for DUI

The following person was apprehended in January for an alcohol-related incident. The blood alcohol content legal limit under British law is 0.08 percent.

A spouse of an airman first class assigned to the 48th Logistics Readiness Squadron was apprehended at High Street in Newmarket, Suffolk, for a DUI Jan. 2. The spouse's BAC was unknown. The spouse was tried and convicted in a Bury St. Edmunds court and fined £300 plus £55 in court costs and disqualified from driving for 18 months.

## Liberty Warrior

**Hometown:** Miami, Fla.

**Time in service:** One year, 10 months

**Time on station:** One year, four months

**Role in mission:** I provide financial customer service to all RAF Lakenheath personnel

**Hobbies:** I like to play sports, volunteer my time to help others and spend time with my family

**How do you contribute to the wing mission?** I do my job accurately and in a timely manner. If members don't have to stress over their money, they can focus on our mission.

**What do you like best about the Air Force?** I like that there are many opportunities to better your education, but being able to participate in the defense of our nation is the best feeling of all.

**If you could change one thing**

**about the Air Force, what would it be?** I feel there should be quicker rank progression.

**How would you improve life at RAF Lakenheath?**

I would like to see more family activities.

**How do you fulfill core values?** You have to have integrity when dealing with other people's money, and I show excellence by getting the job done right the first time.

**What's the most exciting experience you've had in the Air Force?** So far, I would have to say making senior airman below the zone



Airman 1st Class  
Nicole Rivera  
48th Comptroller  
Squadron





Photo by Senior Airman Ashley Center

Airman 1st Class Erum Tariq, 376th Expeditionary Services Squadron, serves lunch to Rep. William Pascrell Jr., D-N.J., during a congressional delegation visit Saturday to Ganci Air Base, Kyrgyzstan.

## Congressional delegation visits deployed airmen

OPERATION ENDURING FREEDOM (AFPN) — Five members from the U.S. House of Representatives visited with airmen from the 376th Air Expeditionary Wing Ganci Air Base, Kyrgyzstan, Saturday to convey their message of support and commitment.

The congressional delegation, consisting of Reps. Michael Collins, R-Ga.; Terry Everett, R-Ala.; William Pascrell, D-N.J.; Michael Capuano, D-Mass.; and Joe Wilson, R-S.C., delivered an autographed banner displaying congressional appreciation for its armed forces. The banner included signatures from President George W. Bush and Vice President Dick Cheney.

The congressmen also showed their personal support for the armed forces during the gathering.

"Thank you for the sacrifices you've made for me, for my constituents, for my family, for everybody in America," said Capuano during the presentation.

"We bring greetings from the United States of America," said Pascrell. "We are neither democrats, nor republicans when it comes to your support. God bless you, and God bless our great country."

An American flag, which flew over the U.S. Capitol, was also presented to the wing during the early morning event. Brig. Gen. Jared P. Kennish, 376th AEW commander, accepted the flag on behalf of every member of the coalition.

Following a tour of the base, the delegation experienced what it was like to eat at a deployed location when they met with about 20 servicemembers at the dining facility. The dining facility is run by servicemembers deployed here.

## Enlisted aviator careers open

SCOTT AIR FORCE BASE, Ill. (AFPN) — Opportunities for enlisted aviators have increased with nine enlisted aviator careers. More than 300 training positions are open for enlisted people in the rank of senior airman to master sergeant. Positions are open for flight engineers, airborne communications and electronics specialists, airborne battle management systems specialist, flight attendants and airborne cryptologic linguists.

Under the CAREERS retraining program, airmen stationed overseas may apply between the 15th and ninth month before their return date with at least 35 months of service (59 for six-year enlistees) on their return.

Enlisted aviators receive monthly incentive pay ranging from \$150 to \$400 based on the number of years of aviation service, not rank.

Interested enlisted people can call the military personnel flight at 7-5130 or visit <https://amcdot.scott.af.mil/CEA>.

## Five officer specialties receiving bonus

RANDOLPH AIR FORCE BASE, Texas (AFPN) — More than 6,000 officers in five critical skill career fields are now eligible to receive a retention bonus of up to \$10,000 to \$40,000 per year for up to four years as a result of the Air Force's Critical Skills Retention Bonus Program.

The people who may qualify are scientists, developmental engineers, acquisition program managers, civil engineers and communications and information officers with four to 13 years of commissioned service who are willing to commit to serving up to four more years. Those eligible can start to receive their annual payments in March or April.

Officers who become eligible for the CSRB before Sept. 30 have until Aug. 31 to take advantage of the bonus.

This bonus is a result of the Science and Engineering Summit held Dec. 6, 2001. It's being offered to help improve retention in these five career fields, which have had the lowest retention rates in the Air Force for several years, said Lt. Col. Dean Vande Hey, deputy chief of mission support officer assignments at the Air Force Personnel Center here.

Most officers who qualify for the bonus will receive the standard four-year, active-duty service commitment that runs concurrently with any other service commitments. The exception is officers who have completed 11 to 13 years of commissioned service, said Vande Hey. These officers would receive three-, two- and one-year, active-duty service commitments based on corresponding agreements at the same rate of \$10,000 a year.

For more information, call the Air Force Contact Center toll free at (866) 229-7074 or DSN 665-5000.



Photo by Master Sgt. Michael Farris

### *Splish, splash*

CLARK AIR BASE, Philippines — Two Air Force paratroopers jump into Subic Bay during a recent training exercise with Filipino forces here.

New and expectant fathers get lessons in fatherhood ...

# The undiscovered country

STORY AND PHOTOS BY  
TECH. SGT. CLAUDETTE HUTCHINSON

48TH FIGHTER WING PUBLIC AFFAIRS

One are the days when fathers were viewed solely as breadwinners, protectors and providers, and mothers were left to maintain the home and raise the children. Now, as more and more mothers enter the workforce, fathers are getting more involved with the everyday caring and feeding of their babies.

The thought of becoming a new father can leave some men reeling with emotions – from fear to joy or even depression. While there are no operating instructions on being a successful father, the RAF Lakenheath Family Advocacy staff is offering the next best thing, a class on fatherhood.

Dads 101 is a curriculum by the National Center on Shaken Baby Syndrome and is offered here as part of the Family Advocacy's New Parent Support program. Participation in the program is voluntary and is offered to men who are expecting or have children ages 0 to 36 months.

According to Shannon Hurd, Family Advocacy Program assistant for the New Parent Support Program, the goal of the program is to strengthen parent-child bonding and interactions by providing information on child development, infant and toddler care. The Dads 101 class is to offer an environment for men to discuss openly their questions and concerns about fatherhood.

"Fatherhood is something I am really looking forward to, and the class gave me a chance to talk and interact with other guys that are experiencing the same thing," said Capt. Jason Delamater, 48th Fighter Wing Military Equal Opportunity Office. Delamater and his wife, Muge, are expecting their first child in March.

To help these new and expectant fathers feel more comfortable, the entire program was presented by more experienced "veteran" dads.

"I think this is the best part of the Dads 101 class. It really adds an element of credibility to the lessons. You know these guys have been through it all and are speaking and teaching from experience," said Delamater.

Tech. Sgt. George Rinearson, 48th Fighter Wing command protocol, was one of the volunteer veteran dad instructors. He taught the men how to pack a diaper bag, bathe and hold a new baby. When packing a diaper bag you must have enough diapers, food, extra clothing and wipes, he said. And, among the essentials, you must have pacifiers.

"Make sure you have a pacifier on hand and within reach at all



1st Lt. Trevor Newsham, 48th Mission Support Squadron, puts a diaper on a newborn as part of the Dads 101 class. This family advocacy class is for men only and addresses questions and concerns about fatherhood.



Capt. Jason Delamater, 48th Fighter Wing Military Equal Opportunity Office, learns how to hold a newborn in Family Advocacy's Dads 101 class.

times," he said.

Because all babies are different, Rinearson urged the men to learn what their babies like and use the lesson as a guide.

Nothing was left untouched. The instructors covered topics such as gender stereotypes, labor and delivery and coping with a crying baby. There were also nurses available to answer questions and address any concerns.

"The Dads 101 class is designed to enhance the father's role in the care of their child and to promote the father-child bonding experience," said Hurd.

While fathers are often portrayed as the secondary parent assisting the mother and struggling to bond with their children, research has shown that involved fathers contribute greatly to the development of their infant

children. Father-child interaction has also been shown to promote a child's physical well being.

"The instructors were great. They obviously knew the material, and their first hand account of many of the situations really helped to put the challenges of fatherhood into perspective," said Delamater.

"It's great that more and more fathers are getting involved," said Tech. Sgt. Henley, 352nd Special Operations Group, RAF Mildenhall, and veteran dad instructor.

With the military environment, new and expectant fathers here are aware of the need to get involved. With the introduction of the first class, the interest from new and expectant dads was overwhelming.

"The first class was a great success. We were surprised with the interest level. We had to start a waiting list," said Hurd.

Delamater said he commends the staff of the Family Advocacy Program, New Parent Support Program for recognizing the need, selecting the right instructors and offering the program in such a creative way.

"I gained a lot of valuable advice from some very knowledgeable and experience fathers. They also did a good job of reinforcing a lot of the things we learned in some of the other classes. I think the NPSP staff was very creative in putting the class together," he said.

"I would definitely recommend the class to other expectant fathers."

*For more information or to sign up for future classes, call 7-8070.*





**(Left)** Staff Sgt. Francis Clement, 48th Aircraft Maintenance Squadron, 492nd Aircraft Maintenance Unit weapons team chief, helps an airman with his protective gear as they assume Mission-Oriented Protective Posture level 4, Alarm Red during Warrior Week training.  
**(Below)** Maintenance, fuels, and weapons specialists take cover and don full protective gear. During the two-day exercise, members of the 48th Fighter Wing tested their ability to survive and operate during a chemical weapon attack.



Photos by Tech. Sgt. Dean J. Miller

# WARRIOR WEEK

## Base trains in chem gear

BY 1ST LT. CHRIS WATT

48TH FIGHTER WING PUBLIC AFFAIRS

The Liberty Wing dusted off their best chemical suits and “MOPped” up the Wing-Wide Warrior Week Feb. 10 and 11.

During the two-day exercise, members of the 48th Fighter Wing took cover under desks, vehicles and hardened shelters in reaction to Mission-Oriented Protective Posture levels and U.S. Air Force Standardized Alarm Signal exercise inputs to test their ability to survive and operate during a chemical weapon attack.

Originally slated to be a full local tactical evaluation, the decision was made the week prior to replace the exercise with a Warrior Week exercise in light of the increase in real-world taskings and preparations. While the wing has not received a deployment order, some

airmen have received individual taskings in addition to the preparation and training part of the continual wing-wide readiness program here.

“This exercise was to make people aware of what it takes to work in a chemical environment so they can practice their war-time skills while doing day-to-day operations,” said Tech. Sgt. Bradley Lane, 48th Fighter Wing Readiness.

On the flightline, for example, air and ground crews responded to alarm and MOPP level changes and still accomplished the mission of recovering and launching jets.

“We worked the alarms and still did the normal and quick turns needed to get the aircraft off the ground with minimum delay,” said Capt. Dean Judge, 48th Maintenance Squadron, 493rd Aircraft Maintenance Unit maintenance officer. “It was good practice for the guys to get in their gear properly, and we were still

able to meet all of our sorties.”

Judge said the opportunity the exercise provided to his crews to train in sectors was also good practice for when they are in a chemical war environment where different parts of the base may be affected by an attack more than others.

“It was good training to help them realize and deal with decontamination of aircraft and equipment coming into their area from other sectors of the base that may be contaminated (simulated),” he said.

Warrior Week training gives troops an opportunity to specifically practice donning and working in chemical weapon protective gear. The skill-specific training is meant to help airmen understand the proper use of the equipment for themselves and teaches them to also be aware that those around them are also using the equipment properly.

“Going through war-time scenarios, reacting to alarms and practicing the buddy system can

help prevent mishaps and injuries and save lives in the future,” said Lane. “If you don’t know how to use your chemical equipment in a peacetime environment, in war-time, (that lack of knowledge) will kill you.”

Ultimately, the Wing-Wide Warrior Week provided another opportunity for preparation and readiness training that is a top priority for Brig. Gen. John Brennan, 48th FW commander.

“In fighting the global war on terrorism, this kind of training is invaluable,” he said. “This was a great opportunity to fine-tune our warfighting skills and prove to ourselves and our organizations that we are ready.”

As Liberty Warriors crawled out from under desks and shelters and the charcoal dust of the chemical suits settled back into packed mobility bags, the 48th FW could now say it had two more days of training under its belt and the knowledge that, whether breathing free or “sucking rubber,” Team Liberty will always get the mission accomplished.



Airman 1st Class Aaron DeLaRosa, 48th Aircraft Maintenance Squadron, 492nd Aircraft Maintenance Unit assistant dedicated crew chief, completes an oil analysis sample during MOPP 2, Alarm Yellow.





# Jorvik Viking Festival celebrates York's past

STORY AND PHOTOS BY  
MAJ. FRANCISCO G. HAMM

48TH FIGHTER WING PUBLIC AFFAIRS

As Liberty warriors demonstrated a high state of readiness during last week's Warrior Week, following in the footsteps of warriors from the 8th century seemed like a natural follow-on activity to carry the warrior motif into the weekend. Each year for two weeks, the bustling and quaint city of York, 180 miles north of RAF Lakenheath, welcomes visitors from all over the world to experience an

interactive journey through its Viking-age past with the 2003 Viking Festival.

The festival, which started Feb. 14 and runs through Sunday, includes a variety of exhibits at several museums and hosts fascinating events that allow visitors to touch, smell and look like Vikings. Several live interpretations and living histories dot the cobblestone streets including Viking walks, weddings, duels and fantastic storytelling.

Tomorrow's festivities offer a full day of fun, and features one of the festival highlights from noon to 3 p.m., as the Longships River Challenge begins with Viking teams racing down the River Ouse in replica Viking vessels.

Touring York during the festival makes for an eventful journey. On any given day, stopping by Clifford's Tower, the remains of York's Castle, would be just another ruin tower in England. But during the festival, visitors can listen to Ragnor, a soldier of Eric Bloodaxe's army, tell tales of his life and battles and discover secrets of Vikings runes (written language) with Freya.

For those who enjoy museums, there are two that sponsor festival events. The Jorvik Viking Center, where archaeologists discovered and preserved the remains of Jorvik, the actual Viking city, and includes an exhibit ride. The ride, like what you would see at an amusement park, takes visitors through the city during A.D. 975. This experience is great for kids and those who enjoy rides. Get there early though, because the exhibit is quite popular.

For those who like a bit more "bangers and mash" with their history, the Yorkshire Museum and Gardens offer impressive Roman mosaics and treasures of the Anglo-Saxon Viking Medieval periods. The museum provides a unique opportunity to learn more about the

truths behind the Viking legend and offers fun crafts and activities throughout the day for kids.

Although not part of the festival, a visit to York would not be complete without a visit to one of Europe's finest cathedrals, the York Minster. Also, two other very popular museums, the

National Railway Museum and the York Castle Museum are also highly recommended to visit.

At the end of the day, York provides several activities to wind down including an opportunity to stroll along the city's two miles of Roman walls or stroll through the narrow cobblestone streets known as the Shambles, where you can unwind with quaint shops and eclectic restaurants. After following in the Viking's footsteps all day, it becomes clear how they fell in love with this colorful city.

Visiting York is a must during any visit to England, and if you enjoy a little history with your shopping and sightseeing, then visiting during this festival will provide an exciting journey. If you're not careful, you might even run into a real Viking!



A Viking demonstrates making traditional crafts during the Living History exhibit, in association with the Yorkshire Museum and Gardens at the 2003 Jorvik Viking Festival in York.

**(Far top)** Clifford's Tower in York



Ragnor, a soldier of Eric Bloodaxe's army, works the crowd telling tall tales of his life and battles in 1066 during the 2003 Jorvik Viking Festival running through Sunday in York.





Photo by Staff Sgt. Tiffany Jeltema

## Running hearts

Forty-five participants showed up to compete in the sports and fitness center's annual Valentine's 5K Fun Walk/Run Saturday. Antonio Luna (front left) placed first in the men's category with a time of 15 minutes, 42 seconds; Alicia Frank placed first in the women's with 20:30; and Jason Holmes placed first in juniors with 20:10.

## TRAINING 101

### Exercise

Seated calve raise

### Muscles

Soleus (calves)

### Position

Sit in the machine, pad rested on the thigh, balls of feet on foot rest. Release the machine

lever that supports weight. Lower your heel until you feel a stretch through the soleus (calves).

### Movement

Raise your heel as high as you can and lower it, under control. Repeat until you have completed desired number of repetitions, then return the machine level to support weight.



Photos by 1st Lt. Chris Watt

Lorraine Botwright is the base fitness program director. For more information about fitness activities and personal trainers.

## SPORTS SHORTS

### Racquetball tournament

The annual Valentine's Racquetball Tournament is today through Sunday at the sports and fitness center.

### Fitness workshop

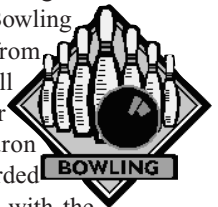
The sports and fitness center plans an excursion to the World Fitness Experience 2003 in Blackpool March 28 through 30. Departure from RAF Lakenheath is at noon March 27 at the cost of £109 for the fitness workshops plus £23 per night at the bed and breakfast. Pre-registration is required.

### Baseball players needed

The Cambridge Monarchs are looking for competitive and dedicated baseball players of all skill levels for the upcoming season. Anyone aged 16 or older can join the team.

### Mid-shift bowling

The Liberty Lanes Bowling Center offers the Mid-Shift Madness Bowling Program from 9 a.m. to noon Friday for all mid-shift workers and their guests. A free squadron bowling party will be awarded March 28 to the squadron with the highest participation.



### Ultimate Circuit

The health and wellness center offers the Ultimate Circuit fitness class 4 to 5 p.m. Mondays, Wednesdays and Fridays, and 4:30 to 5:30 p.m. Tuesdays and Thursdays

### Certification course

The sports and fitness center offers a racquetball instructor's certification course March 8 and 9 at the cost of \$20.

### Coaching opportunities

The Lakenheath women's softball team and the men's varsity soccer team seeks a coach for the upcoming season.

### Youth swimming

Enrollment for children's weekend swimming lessons is at 2:30 p.m. Saturday at the base pool. Lessons start March 1.

### Horseback trip

The youth center offers a horseback riding trip Saturday for youth ages 9 to 18. Cost is \$20 for members and \$25 for nonmembers.



# Make every day count, make a difference

BY COL. STEPHEN A. MCGUIRE

48TH MEDICAL GROUP COMMANDER

Winston Churchill. John F. Kennedy. Bill Gates. Sam Walton. Steve Case. Mother Theresa. These are names we all recognize. Churchill led the British in their fight for survival during World War II. Kennedy left many legacies, but two from 1964 truly stand out: our manned space program and the Peace Corps. Bill Gates brought us our computer operating systems and Microsoft. Sam Walton had a vision, and today we have Wal-Mart. Steve Case's insight led to affordable Internet access for us all. Mother Theresa set the standard for humanitarian service in our world. All of these individuals are remembered for having a predominantly positive impact on our world and our lives today.

Others have also left legacies, although not necessarily ones we like. Adolf Hitler changed our parents' and grandparents' world. Osama bin Laden has profoundly changed our contemporary world. Saddam Hussein is on everyone's mind today.

What all of these individuals did was make a difference. All had both a vision and the fortitude to follow through on that vision. While in some instances the visions were clearly wrong, they still made a difference. Do you have a vision? Can you make the right kind of difference?

Our world is an extremely busy place. Our jobs are demanding. Our personal lives are active. We're constantly under pressure to respond to today's challenges, even at the expense of the future. But, as we deal with today's challenges and stresses, we must not forget our higher calling. As occupants of this world, we have a moral obligation to make a difference. As humans with free will, we can

choose to make that a positive difference or a negative difference. Indeed we can even choose to make no difference at all. But then can we truly say our lives were worthwhile?

All of us are transients in this world, having been granted a limited amount of time to justify our existence. None of us knows just how long we'll be here, but we do know that it's indeed limited. We cannot extend our time, although we can certainly shorten it. Our challenge then is to look into our inner-selves, identify our moral values, create our visions of a better place, and then act on our thoughts and values to make a difference.

It's easy to make a difference. To quote the Nike commercial, "Just Do It." All of us are offered the opportunity to make our lives count. The fortunate few have an opportunity to make a major difference. Most of us have an opportunity to make a smaller change. But if we all light just one little candle our world will be a better place. You can be an example in your work place, mentoring and inspiring others. You can make a difference at home, molding and sculpting your children. You can make a difference in countless organizations, from school athletics to scouting to church events. You can make a difference with each and every encounter you have with others, being a living example of how to make our world a better place.

I encourage you to do just this. Analyze your life and your contributions. When you retire each night, can you truthfully say you reached out and touched someone? Can you truthfully say the world is just a little bit better because of your actions today? Or is the answer that you simply existed, that you took without returning, that you only occupied space? If all of us strive to make a difference each and every day, what a wonderful legacy we can leave to those that follow in our footsteps.

## Bus drivers: more than chauffeurs

BY VINCE DEKIME

ISLES DISTRICT TRANSPORTATION OFFICER

Parents have the right to expect a lot out of their children's school bus driver. Our parents' biggest concern is that the driver gets the kids to school ready to learn and back home safely in an atmosphere conducive to good order and discipline. The drivers do the best they can under what can be some very trying conditions. Think how difficult it can be when you chauffeur your own children and their friends around in your car and attempt to maintain order and a reasonable level of noise while you're trying to maneuver in and out of traffic.

Now imagine this scenario: you're driving 50 children in a vehicle virtually the size of an 18-wheeler. Some of them are running up and down the aisle, some are throwing or spitting objects and many of them are "talking" at levels that would disrupt the sonar navigation system of a bat. Meanwhile, you're fighting rush-hour traffic, it's foggy, gray and drizzly and you're trying to concentrate on the road. That's what some of our Department of Defense Dependent Schools-contracted school bus drivers deal with on a daily basis in the

United Kingdom and elsewhere.

Despite these difficulties, some of our drivers get a bad rap with parents because of what parents perceive as an ineffective method of controlling misbehavior. DODD school bus offices often receive complaints from parents after their child relates an incident that occurred on the bus, but the driver did not report it. But think back to the scenario described above. Can you imagine a driver hearing a swear word, or seeing a boy swat another one on the arm 25 feet down the aisle behind high-back chairs while focusing on traffic conditions? The driver, of all people, has a stake in promoting safe behavior on the bus. But the truth of the matter is, that when the bus is in motion, the driver rarely sees incidents happen. One simply has to volunteer to be a monitor on the bus to see this is true.

A few weeks ago a parent who did not understand why her child's driver wasn't writing incidents up, asked to ride as a monitor. This is what she said after her experience on the school bus: "Now I get it," she said. "You can't see the kids in their seats – even the high school students."

She explained that she sat in the back of the bus and could barely see the driver in the

front, or what the children were doing. She said the driver "was concentrating so hard on traffic, cars passing him, the ditches, the weather and the roads" that she had no idea how he did it or how she would expect the driver to address the issues as they happen.

The DODDS contracted drivers care about your children and take transportation safety very seriously. They often go that extra mile in providing good service to the communities they serve. So, the next time you're upset at your child's school bus driver, please remember those considerate acts such as the driver who drives back to the school to drop off a kindergarten lunch box left on the floor or who waits for the parent of a small child at the afternoon bus stop because he doesn't want to leave the child to make his way home alone. Finally, remember the driver who gets a call from the school bus office at 7:30 p.m. during his dinner hour asking him to search his bus for a pair of eyeglasses left on the bus by one of his riders and then looks for them until they are found. Rather than complain about the job the driver is doing in stemming incidents on the bus, volunteer to be a bus monitor, and then give your child's driver a compliment and a pat on the back.





# Discover Britain

By Sal Davidson – Community Relations Adviser



## U.K. history and heritage

It's hard to believe just how much history there is in Britain and just how far back we have documented. Here is a two-part trip through time from the Ages up until the end of the Victorian era. I hope you enjoy it.

### Neolithic and Bronze Ages, 8300 B.C. to 750 B.C.

By 8300 B.C., people were crossing into the area which we know now as Britain and settling mostly in the East and South of England. Up until the English Channel was formed in 6500 B.C., Britain as we know it did not exist but was part of the Eurasian land mass. The initial settlers were hunter-gatherers and had a nomadic lifestyle and nearly all of their time was taken up obtaining enough food for survival.

### Iron Age, 750 B.C. to A.D. 42

It is thought that Celtic-speaking people introduced iron to Britain. With time, they traded and settled into British society and the skills involved in working iron progressed. They started to make swords and other weapons and found iron was harder than bronze. It's still considered to be one of the most useful of all metals.

### Romano Britain, 43 to 409

In May 43, Roman Commander Aulus Plautius invaded Britain. He had four legions and 20,000 auxiliary troops. The Roman army landed on the Kent coast and defeated the Britons in a number of skirmishes.

Emperor Claudius arrived that autumn with reinforcements and supervised the capture of Colchester. He accepted the surrender of 11 tribal kings and appointed Aulus Plautius as the first Governor of Britain before returning to Rome.

Conflict between the Romans and some of the British tribes continued, but others accepted the Roman influence and began to assimilate. By 47, they had penetrated as far southwest as Cornwall, as far west as Wales and as far north as the Humber. They began constructing a military road system and also built a crossing over the River Thames in London close to the modern day London Bridge.

### Invaders, 410 to 1065

In 410, the Roman troops were being continually withdrawn from Britain to help with conflicts elsewhere in the empire. In the same year, the citizens of Roman Britain wrote to Emperor Honorius and asked for help against Saxon and Pictish

raiders. At that time, the Emperor had his own problems with the gothic chieftain, Alaric, so he wrote back telling the Britons to "look after your own defences."

The writings of contemporary figures such as St. Patrick and St. Germanus, as well as archaeological evidence, suggest that Romanised Britain continued well into the fifth century. However, invasions from the Saxons, Scandinavians and Scots eventually ended Roman ways. Power struggles and successful migrations from the continent drove the indigenous population west and north. The North was not immune from these invasions and a new tribal group established itself on the west coast of Northern Britain: the Scots. Eventually they gave their name to the whole of the north of the island – Scotland.

### Anglo-Normans, 1066 to 1215

Duke William of Normandy sailed across the English Channel in September of 1066. King Harold of

England had been waiting with an army in Sussex but was forced to march them north to defeat an invasion from King Harald of Norway at Stamford Bridge. Harold then rushed his soldiers to meet the invading Normans at Hastings. Although the armies were quite well matched in numbers, William had the advantage in terms of cavalry and also they were fresher than Harold's.

The English lost the battle, and King Harold famously died with an arrow piercing his eye. William was crowned King on Christmas Day 1066. His more well-known title is "William the Conqueror."

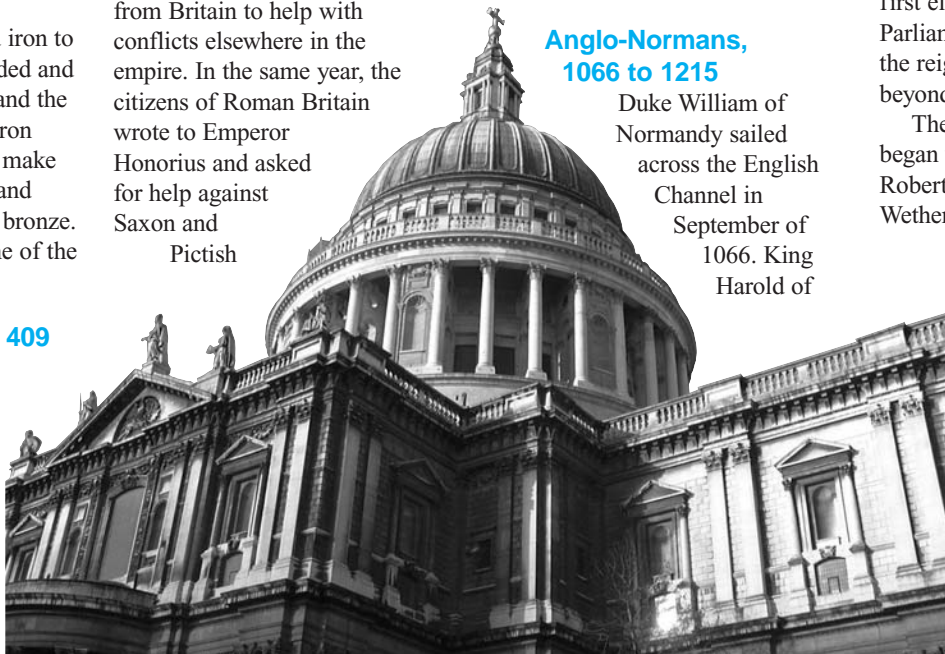
### The Middle Ages, 1216 to 1347

This period saw the first reference to "Parliament" and its first elected representatives. Parliament developed throughout the reign of Edward I to a role beyond that of high court.

The legend of Robin Hood also began within this time frame. Robert Hood, alias Robert of Wetherby, was outlawed by the authority of the King's justices and was executed. The legend has evolved and still lives on to this day.

Many of the country's great buildings were also constructed such as St Paul's Cathedral and York Minster.

*Editor's note: Next week, part two looks at Britain from the Tudors through the Victorians.*



St. Paul's Cathedral in London.

Courtesy photo

For more information on living in Britain, look in the British community information public folder, or call Sal Davidson, community relations advisor, at 7-3145, or e-mail [sal.davidson@lakenheath.af.mil](mailto:sal.davidson@lakenheath.af.mil).



ang.af.mil.



## Briefs

### Tuition assistance

The Spouse Tuition Assistance Program deadline is March 6. People should pick up and return applications to the education center. Air Force Aid Society funds the STAP program to assist military spouses to attend higher institutes.

### Guard opportunity

The 108th Air Refueling Wing, McGuire Air Force Base, N.J., seeks qualified KC-135 pilots, boom operators, undergraduate pilot training candidates, flight surgeons, medical technicians, and aircraft maintenance, supply and transportation specialists for part-time and full-time employment. Cross-training is available for members from the logistics career field. For more information about operations, e-mail lawrence.klein@njmcgu.

## Youth

### Literacy Challenge kick-off

Read Across America Day 2003 takes place from 8:30 to 8:55 a.m. Friday at the Lakenheath Elementary School cafeteria. Participate in a sing-along, meet popular Dr. Seuss characters and learn about the month-long literacy project.

### Spelling bee

The Home-School Spelling Bee begins at 9 a.m. Saturday in the RAF Lakenheath Chapel.

## Events

### Jazz Ball

The African-American Heritage Committee hosts a Jazz Ball from 7 p.m. to 2 a.m. March 1 at the Galaxy Club, RAF Mildenhall.

## Heart Link

The family support center offers Heart Link to welcome new spouses to military life from 8:15 a.m. to 2:15 p.m. Monday at the base chapel.

### Fly-fishing trip

Outdoor recreation offers a trout fishing trip Sunday that includes instruction on the basics of fly-fishing.

## MOVIES

### RAF Mildenhall 98-2351

#### Today

**6:30 p.m., Shanghai Knights**, PG-13, starring Jackie Chan and Owen Wilson. Chon Wang and Roy O'Bannon head to London, England, after Chon's estranged father is murdered by a Chinese rebel. Chon's sister, Lin, also arrives and uncovers a plot to murder the royal family.

**9:30 p.m., 8 Mile**, R, starring Eminem and Kim Basinger. The story of a young white rapper from Detroit who must learn to deal with his emotions and anger through music. Struggling with the psychological drain of being the only white kid around and without a supportive family to help him, the rapper turns to his music and his girlfriend to find the courage to make the most of the crummy life he was dealt.

#### Saturday

**3:30 p.m., Treasure Planet**, PG, animated. Fifteen-year-old Jim Hawkins joins the crew of an intergalactic expedition as cabin boy aboard a glittering space galleon. Befriended by the ship's cook, a charismatic cyborg named John Silver, Jim blossoms under his guidance, and shows the makings of a fine "spacer" as he and the alien crew battle supernovas.

**6:30 p.m., Shanghai Knights**, PG-13

**9:30 p.m., Die Another Day**, PG-13, starring Pierce Brosnan and Halle Berry. Bond is on the trail of new villains - the deadly megalomaniac Gustav Graves and his ruthless right-hand man, the North Korean Zao. Along the way, Bond crosses paths with Jinx and Miranda Frost, before following to his lair in Iceland, a palace built entirely on ice.

#### Sunday

**3:30 p.m., Treasure Planet**, PG

**6:30 p.m., Shanghai Knights**, PG-13

#### Monday

**6:30 p.m., Die Another Day**, PG-13

#### Tuesday

**6:30 p.m., The Recruit**, PG-13, starring Al Pacino and Colin Farrell. Set at the "secret" CIA training facility called The Farm at Camp Peary, Va., a young agent trainee suspects his instructor of being a double agent for the Chinese government.

#### Wednesday

**6:30 p.m., Shanghai Knights**, PG-13

#### Thursday

**6:30 p.m., Shanghai Knights**, PG-13

*Editor's note: The Pine View Theatre is scheduled to reopen in March 2003 after renovations.*

### Living in Britain

The RAF Lakenheath relocation manager and community relations advisor are available every Wednesday in the coffeeshop in the market area at 9:30 a.m. to discuss all aspects of living in the United Kingdom.

### ARC basket auction

The RAF Lakenheath American Red Cross Basket Auction planned for today is postponed to a later date.

## Classes

### CPR class offered

The American Red Cross holds an adult, infant, and child cardio-pulmonary resuscitation class from 8 a.m. to noon Feb. 28 in the ARC classroom in Bldg. 948. Cost of the class is \$23.

### Parenting class

Family Advocacy offers a parenting class for step and blended families at 11:30 a.m. Thursday in the family advocacy conference room of the hospital annex.

### Community classes

The community center offers Mardi Gras mask making from 3:30 to 6:30 p.m. today. For more information about community center classes and activities.



Photo by Tabby Casto

### Dinner for four

(From left) Josephis Ashly Olaes, Leschelle Garrido, Irene Que, and Andrea Foo were treated to a special Valentine's Day lunch Feb. 14 from the Lakenheath High School cafeteria raffle. They were served pizza, ice cream and cake, along with Valentine's goodies by the cafeteria staff.